

WELCOME TO

**AYLESBURY METHODIST CHURCH**

Minister: Rev Richard Atkinson

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**This Church is God's house.**

God loves and welcomes you whoever you are, whatever your age, gender, mental health, physical ability, race, sexuality or financial situation.

You are welcome here, whatever your circumstances; however much or little you wish to engage; whatever you feel about faith.

**Sunday 17<sup>th</sup> March 2024**

**8.45am: Communion Service led by Rev Richard Atkinson.**

**10.30am: Morning Worship led by Rev Richard Atkinson.**

If you are visiting our Church for the first time, do introduce yourself to one of our stewards, who, today, are, at 8.45am: Frances Aylen, and at 10.30am: Gill Marks and Sue Kirk.

**Please join us in the Hall after the service for tea, coffee, and a biscuit.**

The words of the hymns are projected at the front of the Church.

If you would like to have a hymnbook for the service, please ask.

<b>Hymns</b>	8.45am: StF 426 432 94 10.30am: StF 6 332 270 238 287 276
<b>Readings</b>	8.45am: Psalm 51: 1-12 10.30am: Isaiah 11: 1-10 Hebrews 5: 5-10
<b>Organist</b>	8.45am: Derrick Matthews 10.30am: David Brooker
<b>Streaming</b>	To safeguard children and any vulnerable adults, our live-streamed services will not show the congregation.



If your little ones (up to age 3) become restless during services, you are welcome to take them into the creche room in the Welcome Area to play. The service can be heard from there.

**All children MUST be accompanied by an ADULT.**

**The flowers this week are in memory of Jennie's parents,  
Reg and Audrey New.**

## FAMILY NEWS

**David Purling.** It is with great sadness that we heard earlier this week from Judith that David had died. David, who was 86, had suffered from stomach cancer for over 2 years and was in a Nursing Home. Judith had remained by his side after all the family had visited, and shortly after he passed peacefully away. After his Ministry here between 2001 - 2003 a strong bond continued between David, Judith and our Church. There will be a Condolence card available in the Hall after the service this week and next for any who would like to add their name. The memorial service for David will be held sometime in the next 10 days. It will be streamed for all who would like to watch. Details will be on our Web Site or by contacting our Minister Richard or Pauline Noble.

*When you're next in the main Hall, do have a look at the beautiful quilted wall hanging that Judith Purling made and gave to us when they returned to Australia. It has moved around, but is now back in pride of place - in memory of David's wonderful ministry with us and of a lovely man!*

**Cliff Darlington.** After a long battle with cancer, Cliff passed quietly away in Stoke Mandeville Hospital at the end of last week with Olwen at his side. Cliff was a keen golfer, and he and Olwen had given many years of service to the Church. They had both been Communion stewards and Cliff had run the Charity Christmas Card Shop for several years. *His funeral service will be held at Watermead Crematorium on Thursday 28<sup>th</sup> March at 10.30am.*

**Doris Moore** would like to thank you all for your cards and messages following the death of her son, Graham. *Graham's funeral will take place on Tuesday 26<sup>th</sup> March, 2.30pm at Watermead crematorium.* Graham was baptised at AMC and attended Sunday School and Youth Club as a boy.

**Rob King** is unable to attend Church services at the moment, but sends his best wishes to us all. He has very happy memories of **Saturday 17<sup>th</sup> March 1951**, as it is the day that he and Mavis were married at AMC – **73 years ago!**

**Our Maundy Thursday service, on the evening of March 28<sup>th</sup> at 6.30pm,** will set our commemoration in the context of a meal. Leaflets were included in last week's notice sheet, but if you would like to join us, there are some in the display cabinet in the Welcome Space. **Please complete this and return to one of the Church stewards by NEXT Sunday March 24<sup>th</sup>.**

**Greetings from Kenya!** I visited the homes of three children Karibuni is supporting, in Njoro last week. I could tell the story of each of them, but I want to tell you about Moses. He is the 4 year old brother of the boy we sponsor. Moses has rickets, mostly due to malnutrition. He's already had ricket nodules removed from each knee at a mission hospital; both have recurred. He now needs x-rays, which the mother can't afford, before further free treatment. On my last Sunday at AMC before coming to Kenya, some of you gave me the total of £200 to use when I came across a particular need. This is to share with you that I have sent 5000 shillings to cover the cost. I'll keep you informed of progress, but first, Asante sana (thank you very much) for this gift. My love and every blessing, Joy



On behalf of Rev Hayford Ofori-Attah and the Ghanaian organising team, I like to thank Superintendent Rev Richard Atkinson for giving permission for the service. We also like to thank all the worshippers who came from Aylesbury and beyond to join us in celebrating Mothering Sunday and Mother Ghana's 67<sup>th</sup> Independence Anniversary. The event raised **£673.49**, which will be shared between the church and the spinal unit at Stoke Mandeville Hospital. Albert Odro.



*On behalf of the congregation, I would like to thank our Ghanaian friends, for organising such a joyful, musical, uplifting service for us all. We'd love a repeat in the future, please! Jennie.*



### **Easter Sunday Breakfast**

The full English Breakfast\* cooked by the SOS team is an established as part of our Easter tradition; it's a mixture of food and fellowship to start this day of celebration.

As before, we will be raising funds for the Whitechapel

Mission. Tickets, £6 each, will be on sale during Lent at AMC or ring Lynn or Derek on 420817 to book your place. \* a vegetarian option is available.

We would like to invite you to **Stewkley Methodist Church** where there will be a concert on **Friday 29th March at 7pm**. The young people will fulfil our wildest dream as they use their gifts, imagination and talents within the context of the church. Afterwards, hot cross buns will be served.

### ELLESBOROUGH SILVER BAND SPRING CONCERT

An afternoon of live music from stage and screen

Interval refreshments available

**Saturday 13th April**

**3:00 - 5:00 pm**

At Aylesbury Methodist Church

***No ticket required - donations at the door***

***Proceeds split between the band and the Church***



*We need volunteers to make and serve refreshments (tea/coffee/cakes) at the concert. Any donations of cakes (home-made or shop-bought) would also be greatly appreciated. Proceeds to be split between church and band.*

**Please let Shirley 426526 or Jennie 581414 know  
if you can offer help or cakes.**

**Prayer Requests.** If you have requests for people or situations to be included in the prayers, there is a Prayer Request folder in the display cabinet in the Welcome Space for you to write in, or you could let Richard know in advance.

**Our Prayer Group** also meets on alternate Tuesdays, 10.45-12noon, and are very happy to receive prayer requests. They would also welcome anyone who would like to join them. Please email Ruby: [rubydarku@hotmail.co.uk](mailto:rubydarku@hotmail.co.uk)

### HOLY WEEK SERVICES

**28<sup>th</sup> March - MAUNDY THURSDAY:** 6.30pm Holy Communion & Meal  
(details on flyers in display cabinet)

**29<sup>th</sup> March - GOOD FRIDAY:** 10.00am Service

**31<sup>st</sup> March - EASTER DAY:** 9.00am Easter Breakfast (pre-book)  
10.30am Easter Communion service



**Don't forget to bring your spring flowers to decorate the cross!**



## 'GOOD NEWS' FROM AROUND THE CIRCUIT

### STEWKLEY

Dear All,

This Sunday, 17 March, Stewkley is the focus for our Circuit Prayers. We share in Margaret's journey from South Yorkshire to Stewkley and hear of some of the decisions that she was faced with along the way. We never know how the decisions we make will affect our later lives, but the choice of a Methodist College and sharing fellowship with other students must have provided a solid foundation for life. Please remember the work at Stewkley in your prayers this week, and pray for all those who support us in those important early formative years. Pete.



*I was born and brought up in South Yorkshire, known then as the West Riding of Yorkshire. There was a strong Methodist tradition on my father's side and so the church played a large part in my upbringing. I used to go out to support my brother when he was starting out as a lay preacher.*

*One of the early decisions I had to make was whether to go to university or not, and I decided that I wanted to be a teacher and to go to teacher training college would be the better choice, against the advice of the head teacher! You could be a teacher then without obtaining a degree. I decided that I wanted to go to Westminster College, one of only two Methodist colleges in the country, the other being Southlands in London. My A level Geography teacher was really thrilled as I was the only pupil he had taught who had chosen to go there. He had been to Westminster himself when it was based in London. The interview was successful and so I started teacher training in 1970.*

*Living in Oxford, overlooking the dreaming spires was a delight, so different from the industrial surroundings of Rotherham and Sheffield. There was a chapel in the heart of the campus where services were held every morning and evening: it was great to be with like-minded students. I didn't make many morning services, but regularly attended the short evening services before going to formal evening meal, (no jeans allowed!). I had teaching practices in Northampton, Banbury and a small village outside Witney.*

*I really enjoyed my time at Westminster and it made a great impression on my life, through good and through difficult times. My whole teaching career was spent in Buckinghamshire, and, 50 years later, I was awarded a degree!!*

*Margaret.*

## DEREK TREKS BRITAIN (continued)

### Leg 6, Day 6.

A brief update from our tired traveller this evening. He's had a pleasant - if slightly chilly - walk today, covering ground from Carmarthen to St Clears. This would be about 9 miles across land, but he's followed the coastline walking alongside the River Towy to Llanstefan, and then alongside the River Taff to St Clears, making it about 15 miles in the end! Not much to report today but expectations are high for tomorrow; watch this space!

### Leg 6, Day 7.

Our octogenarian Rambler found perhaps the ugliest statue in Britain today - one which commemorates the Rebecca Riots, in which Welsh men, many farmers, dressed as women (for disguise) before protesting (read: destroying) the newly installed (by the English) toll-gates. This was in the mid-19th century, so if you've seen a load of burly Welshmen dressed as women lately, I'd say that's probably just a stag do. Statue is in St Clears, see photo!



Today, the Old Fella walked the seven miles of Pendine Sands, best known for Malcolm Campbell's breaking of the land speed record, reaching 146.16mph, in 1924 (that's a century ago, maths fans!) His record was broken by some cheeky upstart, so Malcolm came back and broke it again, in his vehicle named Blue Bird. Mr Campbell's Wikipedia page declares him "One of the few land speed record holders of his era to die of natural causes". Not much of a claim, particularly as his son Donald died while trying to break the water speed record, in a vehicle also called Blue Bird.

Onto slightly more cheerful locals, the Laugharne Methodist Church was once home to Griffith Jones, a vicar who founded the SPCK, Society Promoting Christian Knowledge, which assisted over 300,000 people in learning to read - this time in the early 18th century. Rumours that the vicar taught them to read and then burned all books but the Bible are as yet unconfirmed. Good way to build up a large congregation, though!

Also pictured, Dylan Thomas' boathouse, and his house, Sea View. Mr T's impression of Welsh life was brilliantly brought to life in Under Milk Wood - where the residents of a town called Llareggub never quite spotted what their town name said backwards...

Dad is hoping to reach a lifeboat station tomorrow, having encountered none today. When I read back through my notes and asked "You've not had a Greggs today then?" the reply was an instant and slightly sinister "I know where there is one..." so I suspect it'll be hot chocolate and a sausage roll for dinner.

Upon asking the bus driver today what time the buses run tomorrow, he was advised, "Oh no, none on a Sunday!", so once he's trekked tomorrow's bit of coastline, he'll be looking for a lift back to his lodgings. If you see a strange little old man at the side of the road, do please pick him up!

### **Leg 6. Day 8.**

Tonight's update will be just like the man himself - short and sweet!

Dad met fellow Travel-lodger Nita yesterday, who very kindly treated him to an Indian meal, for which he was very grateful! He reciprocated this morning, sort of, as they started the day with a Greggs before taking Nita's dog Willow for a long walk, doing some 'backstitching'\* to cover a couple of parts he had missed before. They found a nice church. Then he found he had left his mobile phone behind so couldn't get any photos! Met a lovely vicar, Justin, at St Mary's, and not much else to report - I think Willow has worn him out!

Off to Tenby tomorrow, hoping to get some real mileage under his belt.

\* Back-stitching is what we call it when he's done a part of the coast but for whatever reason has missed a bit - bad weather, opportunity to get a lift or something else which takes him away from the planned route. Backstitching is just going back to fill in any bits he has missed. So if you see him on a bus, don't worry - he knows exactly which bits he has and hasn't covered, and will go back and sort it once he's had a Greggs hot chocolate!

### **Leg 6, Day 9**

Following a breakfast at Greggs in St Clear, served by Dan, today's walk started in Amroth. This involved carrying his full rucksack which inevitably means a bit less ground covered. This is unavoidable, every few days when he moves accommodation. Amroth is to the west of Pendine Sands and is the official start of the Pembrokeshire Coastal Path.

Passing Saundersfoot, and on to the great feature of today, the picturesque coastal, medieval town of Tenby, or Dinbych-y-Pysgod as the locals call it.

He arrived just in time to see a lady finishing her wonderful sand sculpture of a fish in a wave. On to the RNLI Station, The Sir Galahad, as was the previous Lifeboat, named after the RFA ship sunk during the Falklands war, in St Carlos water. It was attacked while disembarking troops, of which 38 Welsh Guards

were killed in the attack. Outside the Station is a large carving of a Lifeboatman, carved from a single length of the trunk of an Ash tree, washed up on Tenby beach in a storm in 2018. Robert Raschke was the sculptor; it was his wife who first discovered the trunk.



Derek met Hywell and Babs outside the Station, also admiring the sculpture; they were visiting from their Cardiff home.

As always, Derek was given a warm welcome by the great team of volunteers at the Sir Galahad. He would particularly like to thank Rob for donating his own RNLI Tenby badge to Derek for his collection! Rob and his 'daughter' are regular volunteers, manning the RNLI shop.



Derek said it was a particularly beautiful coastline all day today.

He went past a beautiful Georgian townhouse, 'East Rock House'.

Now if there is one thing our intrepid explorer can't resist (apart from a Greggs sausage roll)... it's a Blue Plaque; he just loves them.

The blue plaque on East Rock House has a rather intriguing inscription...

"Admiral Lord Nelson, Sir William and Lady Hamilton stayed here in 1802". Nudge nudge, wink wink. I'll say no more.

Today's walk ended much as it had started, with a visit to Greggs - this time it was Tenby branch. On entering, a young female member of staff called to him "Hello, are you the man walking round the coastline?" Derek admitted to this folly, and asked how she knew about him. She replied that her boyfriend Dan, from St Clear's Greggs had been telling her all about him!! 😊

## **Leg 6, Day 10.**

A very wet and blustery day today with very poor visibility. Unlike yesterday when Derek was admiring the beautiful coastline, today he could hear the sea, but struggled to see it. Carrying his full rucksack again added to the discomfort, but consolation aplenty in the many wonderful people he met upon his way. This is what keeps him going, - keep it up you wonderful people of Wales.

Derek started today taking a bus to St David's, the smallest city in the UK.



Here he visited the wonderful Cathedral, place of pilgrimage over the centuries, and said to be one of the great historic shrines of Christendom. The Catholics are said to believe that two pilgrimages to St David's from within the UK, is equal to one pilgrimage to Jerusalem. Although I am not sure quite how that was estimated. 😞

Here, at this beautiful Cathedral, Derek met the lovely Reverend Gillian who gave him a guided tour, and lunch! Thank you, Gillian.

Our wanderer did not venture to St David's RNLI station, as he had been advised by the locals that it would not be manned at this time.

Even the locals were referring to the weather today as "vicious".

And so, our Hero, making light of the weather, and buoyed up by the warmth of the people he met, made his way to Pennar, where he was to be a guest for the night, of yet another wonderfully generous supporter, Liz.

No Greggs today....see what tomorrow brings.



### **Leg 6, Day 11.**

The same dreadful weather as yesterday, and the same full rucksack. I should perhaps mention here that Derek had suffered a fall, while being a volunteer gardener in our local park, about a week before he set off. He landed heavily and hurt his back in the kidney area. He was checked out and passed as fit to walk, which he is, but his rucksack just sits on his most sore area, and is a bit of a concern (if only to me!)

Anyway, he set off from near St David's heading for Fishguard; after a while, struggling a bit with weather and rucksack, he thumbed a lift.

A nice couple recognised him and stopped to give him a lift.

It turns out they also met the Reverend Gillian at St David's Cathedral, and she told them all about her encounter with Derek, who she described as our "Pilgrim of today." Derek's next stop was at Fishguard, where he enjoyed a delicious lunch at the Royal Oak.

In 1797 the last invasion on British soil (or sand in this case) took place when 1400 French soldiers landed just outside Fishguard, and set up camp there. Local legend has it that the Minister announced this invasion at the Sunday service, advising locals to keep well away. However, the locals did not heed his advice and went en masse to the cliff top to look down at the French encampment.

The women dressed in their local costume, including bright red shawls and large black hats. The French sentries spotted them and mistook them for Grenadier Guards. Believing they were about to be attacked by this fierce regiment, a deputation was sent into Fishguard to sign a peace treaty. That treaty was actually signed in the Royal Oak.



One of Derek's many miscellaneous interesting facts is that, if you were to walk due west of Aylesbury, (our home town), the first sighting of the sea would be on that bit of coastline, just south of Fishguard.

He was pleased to see this part of the rugged coastline, where a few years ago our son Toby brought his 'children' Emily and Alfie to go coastering. It seems the apple didn't fall very far from the tree in Toby's case!

Derek has now 'turned the corner' and is walking around Cardigan Bay. He summed up these last two wet and windy days, saying he has done more talking than walking! Let's hope for better weather tomorrow.

## **Leg 6. Day 12.**

More of the same today, regarding the weather, I'm sorry to say. 😞 Hence a short report. Blustery, blowy and wet. Today was spent travelling from Pembroke Dock Travelodge to Porthmadog Travelodge. Partly on foot, partly by bus. The Welsh bus drivers are super friendly and helpful wherever he goes; he is very grateful for their 'going the extra mile' and their local knowledge.

Derek passed through Machynlleth, the home of the first Welsh parliament formed by Owain Glyn Dwr, who was a Welsh leader, soldier and military commander in the late middle ages who led a 15-year-long revolt aimed at ending British rule in Wales. He was also the last native born Welsh man with the title 'Prince of Wales'. Under his leadership an internationally recognised Welsh state was briefly established, lasting just 5 years, when the English captured Owain's last remaining strongholds of Aberystwyth Castle and Harlech Castle.

Derek reports seeing floating mist above the forest from his window at Porthmadog, and looks forward to being able to see Mynydd - Gorllwyn, when they weather improves. He also looks forwards to his next Greggs - 3 days without one! Possibly a record for him - when trekking, of course.

'Her indoors' does not allow Greggs every day. Maybe this is why he goes away so much. 🙄

If you feel inspired like we do, please click on Derek's sponsor link below and make a donation, all of which will find its way to the RNLI (or CRUK or the BH - there is a link for each to choose from). Thank you.

<https://justgiving.com/team/DEREKtreksBRITAIN>



## START FRESH EVERY DAY!

*'A quick-tempered person does foolish things.'*

Proverbs 14:17 NIV

You overslept, the car wouldn't start, you were late for work, your computer crashed! These things can make you angry, but only if you let them.

Solomon said, 'A quick-tempered person does foolish things,' so if you fly into a rage, expect a rough landing!

The Bible says, 'Patience is better than strength. Controlling your temper is better than capturing a city' (Proverbs 16:32 NCV). Anger always comes back to bite you and ends up doing more damage than the thing that triggered it.

David said, 'Every morning I lay out the pieces of my life on your altar' (Psalm 5:3 MSG). Start by offering your day to God, then you will be less likely to react in anger when things go wrong.

One pastor writes: 'Our time here is short. What a shame to let something that happened – twenty years or twenty minutes ago – ruin your day. I've made up my mind to enjoy every single one. I may make mistakes; things may not go my way. I may be disappointed, but I'm going to live my life happy. I'm not going to let what does or doesn't happen steal my joy. Every morning I say, "Father, this is going to be a great day. I thank you that I have discipline, self-control; that I make good decisions. I may not have done what I could have yesterday, but that day is gone. I'm going to do better today."'

Ever wonder why a car's windscreen is big and its rear-view mirror small? Because what's behind isn't nearly as important as what's ahead. So keep looking ahead, and no matter what happens today, don't lose your peace.

Source: *The Word for Today*, a daily devotional, produced free of charge by United Christian Broadcasters. For your regular quarterly copy write to UCB at

**FREEPOST RLTX-ABUL-GRAR, United Christian Broadcasters, Westport Road, Stoke-on-Trent, ST6 4JF**, or telephone **0845 60 40 401**. Or you can read them online.

## **CHURCH READINGS March – May 2024:**

***There are still 3 dates empty on the sheet on the noticeboard, (21 & 28 April, and 26 May),*** so if you are willing to join our rota for reading the lesson in Church, **please sign up** for the week you would like to read, with just your name (no contact details) and a steward will contact you during that week with the reading. If you have any questions, please speak to one of the stewards or Richard.

### **Don't forget your donations for the Aylesbury Foodbank**

**Currently, the need is for donations of:** *UHT milk, tinned meat, fish & fruit. Sponge/rice puddings, small jars coffee, long life juices, pasta sauce, tinned meals (eg chilli, curries). Tinned soups, jam & spreads, as well as toiletries, together with washing up liquid & laundry detergent pods.*

### **Next Week**

<b>Mon</b>	18 March	6.15pm 6.30 - 8.00pm 7.30pm	Girls' Brigade Food Hub Leadership Team meeting
<b>Tues</b>	19 March	9.30am 2.30pm 6.00pm	Chair Yoga Tuesday Fellowship Boys' Brigade
<b>Thurs</b>	21 March	10.00am 7.30pm	Sunbeams Baby & Toddler Group Christianity Explored course
<b>Frid</b>	22 March	2.30pm	Friday Feathers - Badminton Club



## **Sunday 24<sup>th</sup> March 2024**

**10.30am: Morning Worship led by Mr Steve Kemp.**

**The designated fire officers are the Duty Stewards**

**First Aid boxes are located in each of the kitchens**

**Fire doors are not to be wedged open, except those fitted with Dorgard  
(Please ensure other doors close behind you after passing through**

**Duty Manager - (John Miskin: 01296 422919 07988 960815)**